



Nutritional Fact Sheet

FD Green Peas

Ingredients: Freeze Dried Green Peas

Description & Directions: Freeze Dried Green Peas are ready to eat or use in quick cooking dishes. 1 pound of freeze dried peas replaces 5 pounds of fresh.

Storage & Shelf-life: Store in original container in a cool, dry location, for 18 months. You may also reseal product in a vacuum type storage bag for extended storage.

Nutrient	Per 100 grams dry	14g (app. 1/4 cup)
Energy (Calories)	367.83	51.50
Total Fat	1.82g	0.25g
Saturated Fat	0.32g	0.04g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	22.71mg	3.18mg
Total Carbohydrates	65.67g	9.19g
Dietary Fiber	23.16g	3.24g
Sugars	25.43g	3.56g
Protein	24.61g	3.45g
Vitamin A (IU)	2906.34	406.89
Thaimin-B1	1.21mg	0.17mg
Riboflavin	0.60mg	0.08mg
Niacin	12.29mg	1.72mg
Vitamin B-6	0.77mg	0.11mg
Vitamin C	181.65mg	25.43mg
Calcium	113.50mg	15.89mg
Iron	6.68mg	0.94mg
Phosphorus	490.40mg	68.66mg
Potassium	1108.04mg	155.13mg

Physical Address: 181 Industrial Park Road * Franklin, NC 28734

Phone: (800) 696-1395 / Fax (800) 696-7874

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